

## Eureka Journal of Health Sciences & Medical Innovation (EJHSMI)

ISSN 2760-4942 (Online) Volume 2, Issue 1, January 2026



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### REMISSION IN ONCOLOGICAL DISEASES: CONCEPT, TYPES, AND LIFESTYLE CHARACTERISTICS OF PATIENTS

Musurmonova Rahima Akram kizi  
Master's Student

Khodzhiev Sherali Teshavovich,  
Professor, Doctor of Physical and Mathematical Sciences (DSc),  
Tashkent State Medical University

#### Abstract:

This paper examines the concept of remission in oncological diseases as an important stage following the completion of anticancer therapy. The main forms of remission—partial and complete—are described, along with their clinical features and diagnostic criteria. Special attention is paid to issues of body recovery after therapy, including recommendations on nutrition, physical activity, and lifestyle. The necessity of regular medical follow-up during remission and factors influencing the risk of disease recurrence are also discussed. The role of the patient in maintaining a stable state of health and reducing the risk of cancer relapse is emphasized.

**Keywords:** Remission, oncological diseases, cancer, rehabilitation, lifestyle, nutrition, physical activity, prevention, relapse, immunity.

#### Introduction

Oncological diseases remain one of the most pressing problems of modern medicine. Despite advances in diagnostic and therapeutic methods, cancer is still

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perceived by patients as a severe and life-threatening disease. However, progress in chemotherapy, radiation therapy, and surgery has significantly increased patients' life expectancy and enabled remission to be achieved in a large number of cases.

Remission in oncological diseases is characterized by the disappearance of disease symptoms and cessation of tumor growth. It may be complete, when no signs of neoplasm are detected, or partial, when there is a significant reduction in tumor size and improvement in the patient's general condition. The remission period requires special attention, as it is during this time that the foundations for future health, recovery of the body, and prevention of relapse are established. Therefore, the study of remission characteristics and recommendations for patients is an important scientific and practical task.

Remission in oncological diseases is a condition in which all symptoms of the disease disappear and tumor growth stops. As a rule, this stage occurs after prolonged treatment and completion of a rehabilitation period. Contrary to patients' fears, remission is not necessarily short-term; however, this does not mean that a person can stop monitoring their health or neglect restrictions. To better understand the features of cancer remission, the recommendations given by oncologists, and ways to overcome the disease permanently, this stage should be considered from a medical perspective.

### Cancer Remission: Definition and Types

Cancer remission refers to the complete or partial regression of the disease, which is an expected outcome after treatment (radiation therapy, chemotherapy, surgical intervention, and other methods). In clinical practice, it manifests in several forms, each with specific features and recommendations.

- **Partial remission of cancer:** In this case, physicians observe a significant improvement in the patient's general condition and elimination of most cancer cells. As a result, the tumor decreases in size and does not continue to grow, although diagnostic tests still confirm the presence of a neoplasm.

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• **Complete remission of cancer:** All manifestations of cancer completely disappear—no tumor formations are detected during examinations, and laboratory tests show no pathological changes.

Returning to a Normal Lifestyle After Treatment

Cancer is not a sentence but a disease that can be cured with properly selected treatment and a positive attitude. Understanding that therapy is often challenging and may leave temporary side effects, patients can begin a new phase of life by reconsidering several key factors: nutrition, physical activity, and lifestyle.

### Nutrition

After completing treatment and rehabilitation, special attention should be paid to restoring the body through proper nutrition. The diet should include healthy foods necessary for recovery. Although the disease has regressed, it is essential to strengthen immunity, protect against negative factors, and regain strength for a new life free from oncology and intensive therapy.

Many oncologists recommend including foods that increase hemoglobin levels, such as meat, pomegranate, nuts, and others. In cases of individual intolerance to the taste or smell of meat—often observed after treatment—meat products should be introduced gradually to supply the body with essential micronutrients necessary for immune defense. In some cases, it is advisable to avoid pork, as it is heavy and fatty meat that may contribute to elevated cholesterol levels when consumed excessively. Alternative protein and healthy fat sources include turkey and chicken, while fish (and Omega-3 vitamins) should be added to strengthen bones and ligaments. Seasonal fruits, berries, and vegetables are also essential to replenish vitamins and support recovery.

**Note:** Meals should not be excessive; overeating should be avoided. In some cases, physicians may recommend a specific list of foods depending on the original tumor localization.

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### Physical Activity

Physical activity remains equally important, although many patients tend to avoid it due to internal fears. Life is movement, and normal functioning of the body requires regular physical activity; otherwise, blood stagnation and dysfunction of internal organs may occur. Patients in cancer remission should choose appropriate types of activity. Initially, this may include walking in a park or near home, especially if weakness persists or treatment was completed recently. The most suitable activities are yoga and light exercise (not intensive cardio or strength training with weights), which help achieve inner harmony, reduce stress levels, and improve mood.

### Lifestyle

Despite medical recommendations, many people remain afraid to lead an active lifestyle even after a prolonged remission. To facilitate faster recovery and reduce the risk of recurrence, specialists strongly advise following these recommendations:

- Minimize alcohol consumption (preferably abstain completely, as it negatively affects overall health);
- Avoid potentially dangerous sports and excessive radiation exposure;
- Eliminate tobacco use;
- Avoid tanning salons and direct sun exposure without protective sunscreen.

### Cancer Prevention and Medical Examinations

Cancer remission, depending on the type of disease, has specific follow-up recommendations. Typically, after treatment, physicians advise monthly visits, gradually transitioning to visits every three months, six months, and then annually. Mandatory diagnostic methods, depending on the previous diagnosis, may include:

- Blood tests;
- Visual examination and other procedures prescribed by the physician;

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- Ultrasound and CT scans.

If remission has lasted more than five years, the probability of recurrence is considered low. Nevertheless, doctors strongly recommend regular health check-ups and prompt testing if initial symptoms appear.

### Remember:

In 80% of cases, cancer does not progress asymptotically, and timely detection and treatment are key to successful recovery.

### Innovative Therapeutic Approaches

A unique method used in Dr. Borisov's clinic, known as Selective Chronophototherapy (SCPT), is based on photodynamic therapy. By activating a cascade of biochemical and cellular reactions that regulate immune status indicators, this method demonstrates excellent results both as a standalone therapy and in combination with other treatments. It significantly reduces the risk of cancer recurrence and the severity of side effects from cytostatic agents while enhancing their effect on affected cells. This gentle technique can be used repeatedly, and course treatment is recommended, with the number of procedures determined by the treatment regimen and achievement of the desired outcome.

We recommend the use of **VIALIFE capsules or VIALIFE solution**, which contain the maximum possible concentration of chlorophyll, known to:

- Strengthen the immune system;
- Enhance cell regeneration;
- Oxygenate tissues;
- Provide antioxidant, anti-inflammatory, and detoxifying effects.

### Probability of Cancer Recurrence After Remission

Depending on the cancer type, the patient's condition, and test results, specialists develop an individual prognosis regarding tumor behavior (malignant or benign) and other manifestations. In cases where distant metastases were present and comprehensive treatment was administered according to an appropriate regimen,



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the risk of recurrence is significantly reduced. This is primarily due to the substantial reduction in cancer cell count following complex therapy. A patient's lifestyle also plays a crucial role: adherence to medical recommendations, regular follow-up, and health monitoring minimize the likelihood of future cancer development. Every individual can live as long as they wish, provided they maintain a healthy lifestyle and remain vigilant to early signs of illness.

### Conclusion

Remission in oncological diseases is a crucial and responsible stage in a patient's life. It reflects the effectiveness of treatment and opens opportunities for physical and psychological recovery. During this period, strict adherence to medical advice, balanced nutrition, moderate physical activity, and avoidance of harmful habits are of paramount importance. Regular medical examinations allow for timely detection of changes and reduce the risk of recurrence. The likelihood of cancer relapse depends not only on biological tumor characteristics and treatment quality but also on the patient's lifestyle. Thus, remission does not signify the end of health monitoring; rather, it requires conscious self-care, continuous control, and active participation by the patient in maintaining the achieved results.

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